

“Surviving the Storm”

Transforming Stress Into Resilience

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<http://utopia.utexas.edu/explore/resilience/index.html>

Cardiovascular Disease Health

60%

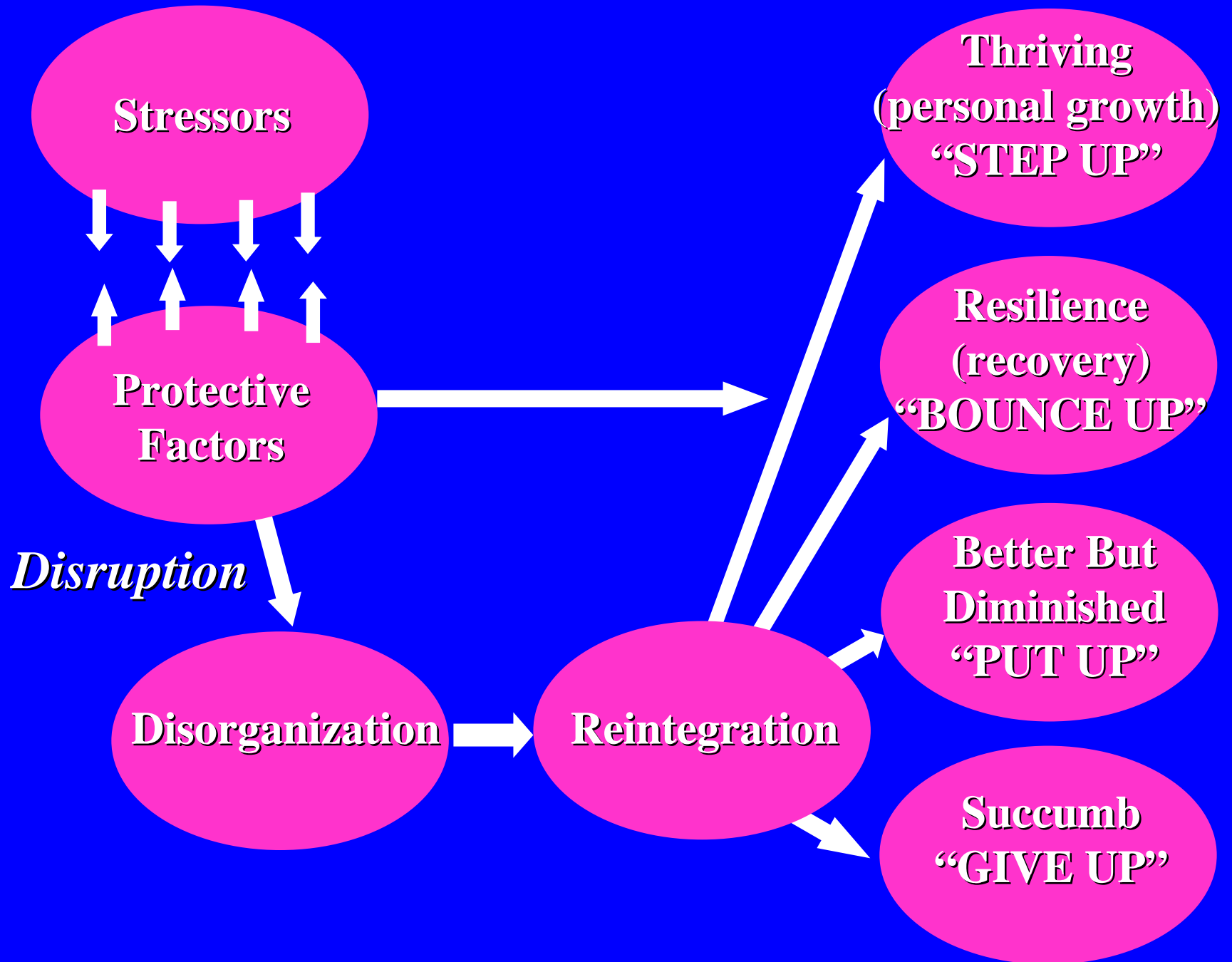
perceive **Challenge**
make **Commitment**
take **Control**

$R^2=.40$

Genetic factors
Biomedical measures
Behavioral measures

Resilience: Strength in the midst of change
and stressful life events.

The power of springing back or recovering
readily.



Coping Strategies We Use

PROBLEM-FOCUSED COPING

Action

Planning

Positive Reframing

Acceptance

Using Social Support

EMOTION-FOCUSED COPING

Denial

Behavioral Disengagement

Self Distraction

Self Blame

Venting



Stressors
(“Difficult Situations”)



Homeostatic Structure

Disruption
Chaos *(“Disorganization”)*

We're vulnerable

Thriving
(Personal Growth)

**Strong Foundation
Of Resilience**

Take Responsibility
Empowering Interpretations
Meaningful Connections

We have tremendous potential to grow

The Responsibility Model

RESPONSIBILITY

Owning your power to choose and create

Shame

Make Excuses

Lay Blame

Denial

Every situation presents us with an opportunity to automatically react or consciously respond: a choice point... we are a product of our choices, not of our circumstances.

Eric Allenbaugh

In the long run, we shape our lives, and we shape ourselves. The process never ends until we die, and the choices we make are ultimately our own responsibility.

Eleanor Roosevelt



Circle of Concern

Complain

Criticize

Condemn

Compare

Compete

Circle of Influence

Be kind

Be patient

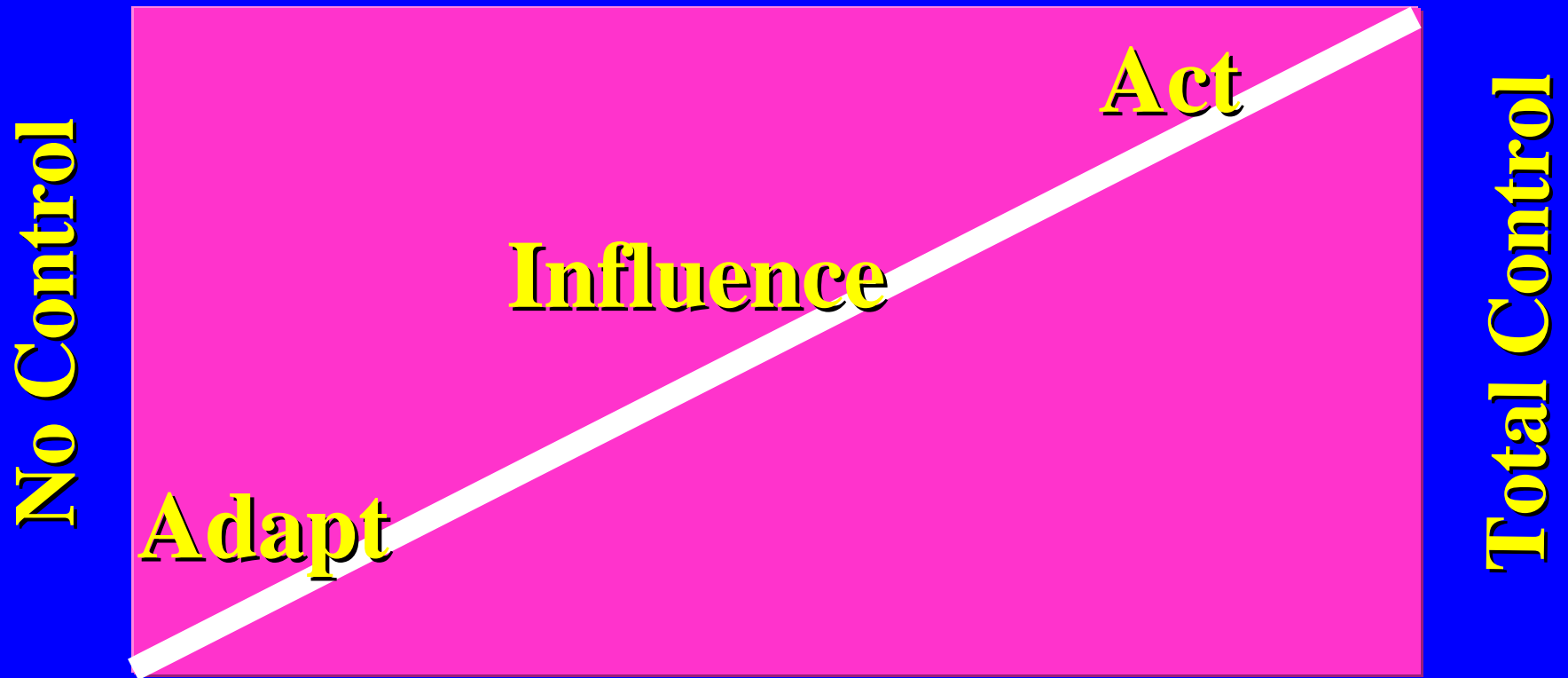
Be smart

Be a model, not a critic

Be a light, not a judge

**Be part of the solution,
not the problem**

Control Continuum



Five-Step Process to Help You Move *“Above the Line”*

- 1. Watch a replay of the stressful situation, as if you are watching a movie.*
- 2. Identify your position on “the responsibility model”.*
- 3. Ask your heart how you feel about the movie you watched.*
- 4. Create a new movie - an image of what you want to happen.*
- 5. Take responsibility for producing the new movie.*

How Will You Take Responsibility?

(within your circle of influence and puts you in control)

RESPONSIBILITY

owning the power of choice and creation

Shame

Make Excuses

Lay Blame

Denial

The Resilient Individual:

Takes Responsibility

owning the power of choice and creation.

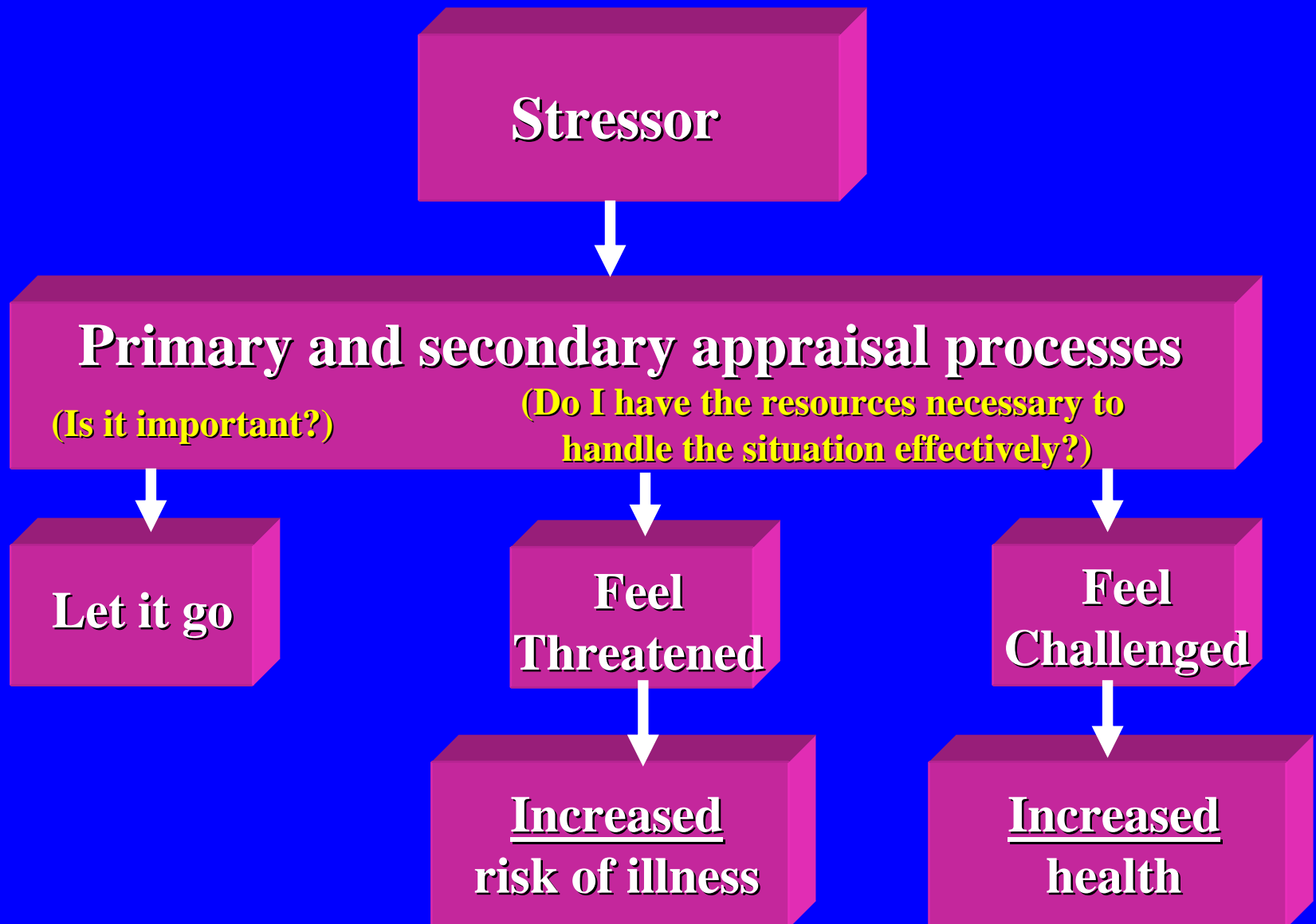
Focuses on Empowering Interpretations

placing attention on understanding situations, events
relationships, etc. in ways that bring power to as
opposed to ways that diminish power.

Has Meaningful Connections

seeking and maintaining relationships which create
or add a great deal of significance to a person's life.

How Our Thinking Relates To Our Health



ABCDE Model

Adversity or activating event

Belief - what you think

Consequences - how you feel & behave

Dispute or distract/distance

Energy

We have a tendency to think and behave in automatic ways based upon our beliefs from the past.

Where do our beliefs come from?

Scripts

Significant events

Essential experiences

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Primary Risk Factors

	<u>Relative Risk</u>	<u>Prevalence</u>
Smoking	2.5	18%
Cholesterol	2.4	10%
Hypertension	2.1	10%
Inactivity	1.9	59%
Social Isolation	2.8	???

The Healing Power of Love and Intimacy

“I am not aware of any other factor in medicine - not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery - that has a greater impact on our quality of life, incidence of illness, and premature death from all causes than the healing power of love and intimacy”.

Dean Ornish



The Rescuing Hug

Meaningful Connections Activity



The Resilient Individual:

Takes Responsibility

owning the power of choice and creation.

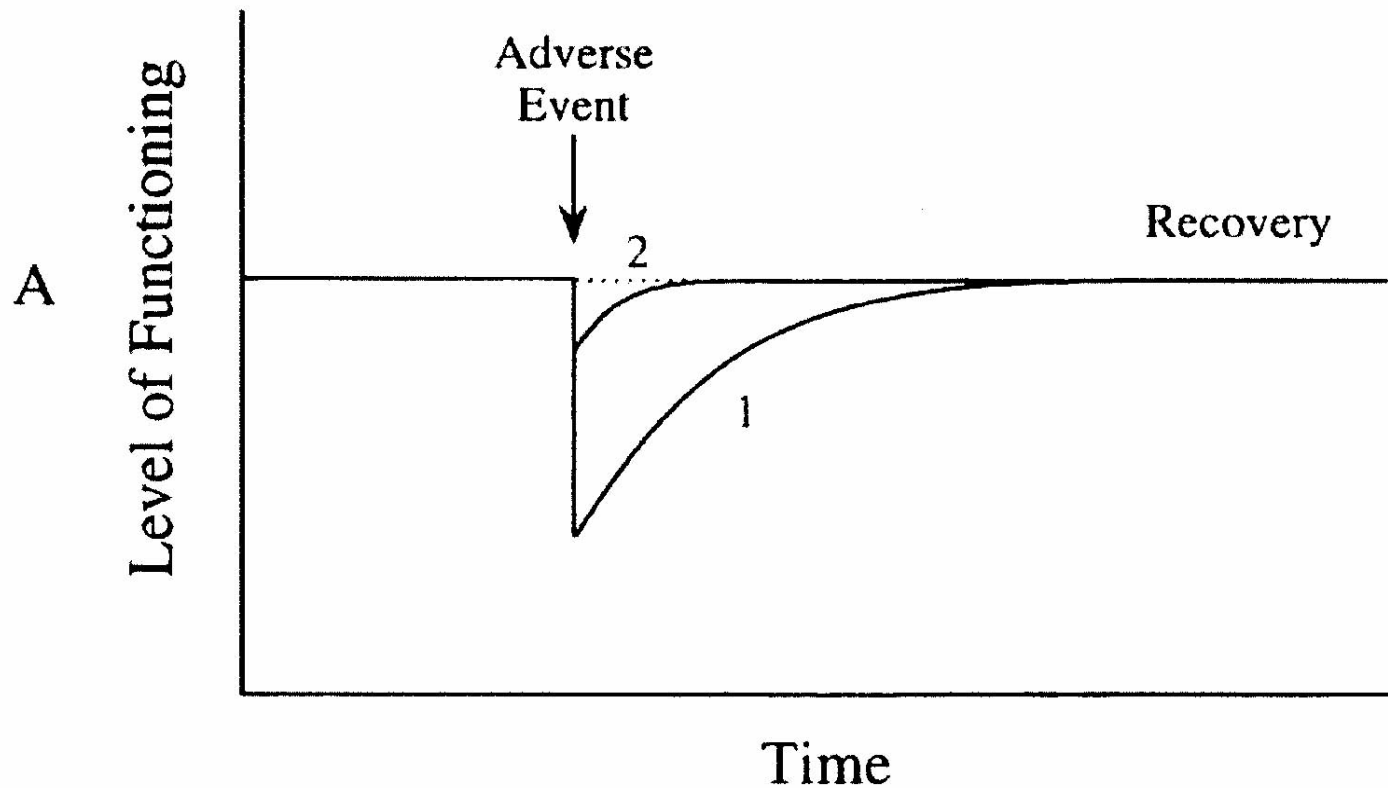
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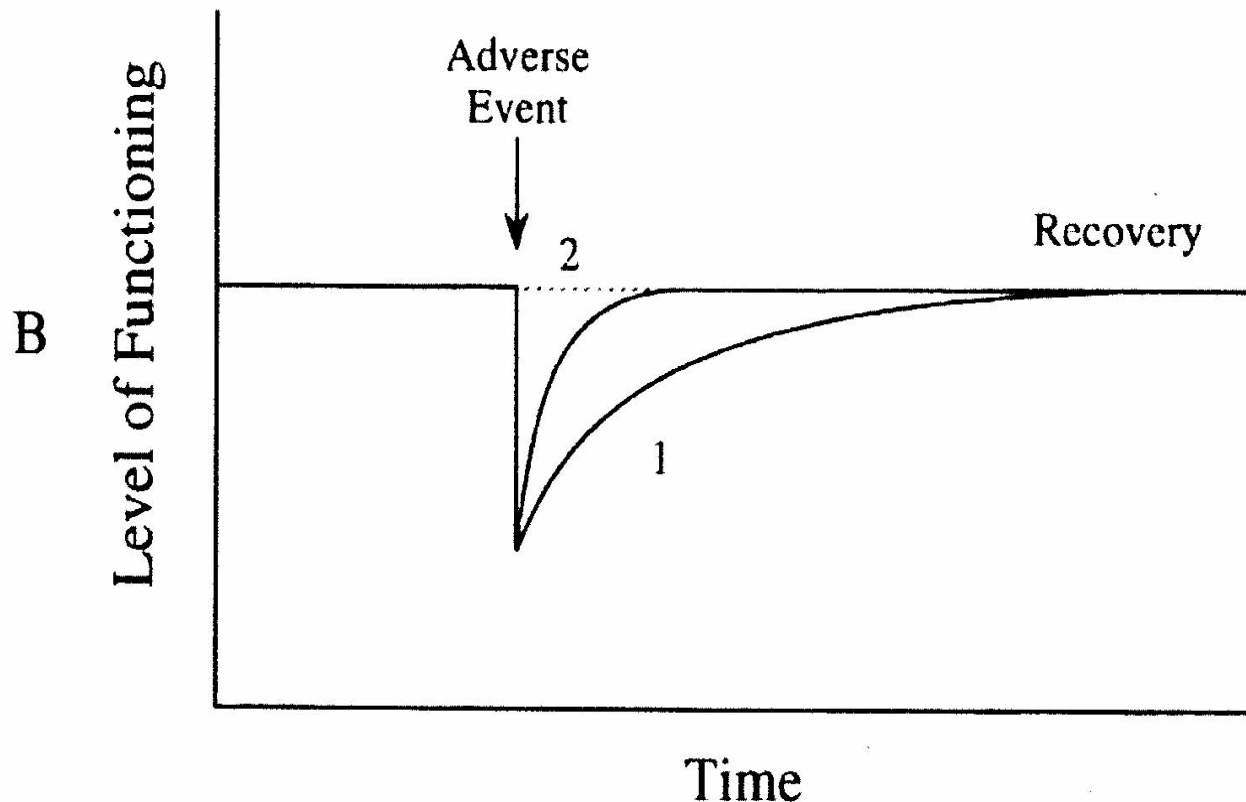
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Strong Foundation Of Resilience: *Things That Once Bothered You Will Not Bother You As Much*



Strong Foundation Of Resilience:

*Some Things May Still Bother You As Much But
You Will Recover More Quickly*



Stressors
(“Difficult Situations”)



Homeostatic Structure

Disruption
Chaos (“Disorganization”)

We’re vulnerable

Thriving
(Personal Growth)

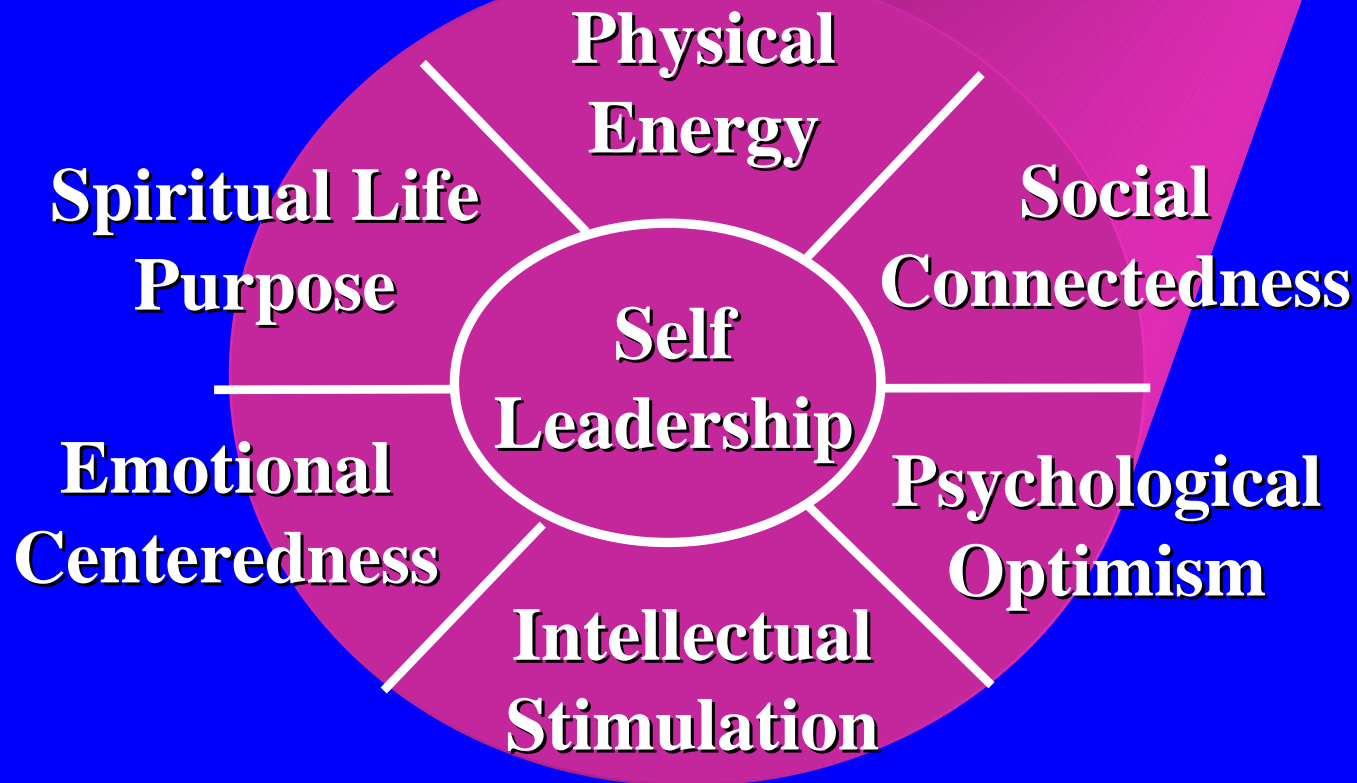
**Strong Foundation
Of Resilience**

Self-Leadership

Take Responsibility
Empowering Interpretations
Meaningful Connections

We have tremendous potential to grow

The Importance of Self-Leadership



Adams, T., Bezner, J., Steinhardt, M. (1997). *American Journal of Health Promotion*, 11: 208-218.

Self-Leadership

An active, compassionate inner leader containing the perspective, confidence and vision necessary to lead an individual's internal and external life harmoniously and sensitively (Schwartz, 1995).

Calm

Clarity

Courage

Curiosity

Creativity

Compassion

Connectedness

Confidence

Contentment

As soon as you trust yourself, you will know how to live.

Johann Wolfgang von Goethe

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Features of Psychological Thriving

Increased Skills and Knowledge - forced to learn, so now we have new knowledge and skills, so we are more flexible.

Increased Confidence (sense of mastery) - I survived this, I can survive other things.

Strengthened Personal Relations - more secure in relationships; feeling that others can be counted on, thus acquires enhanced sense of security.